

Gambaran Kepatuhan Kontrol Berobat Pasien Hipertensi di Puskesmas Gamping 1 Yogyakarta

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INTISARI

Latar Belakang: Hipertensi masih menjadi masalah yang signifikan di Indonesia, khususnya di fasilitas layanan kesehatan primer. Hipertensi, yang dikategorikan sebagai Penyakit Tidak Menular (PTM), termasuk salah satu penyebab kematian global teratas. Pada pasien hipertensi, mengelola tekanan darah dalam batas yang stabil sangatlah penting, dan obat anti hipertensi memegang peranan penting dalam mencapainya. Penanganan hipertensi meliputi penerapan gaya hidup sehat dan konsumsi obat anti hipertensi. Keberhasilan penanganan hipertensi dipengaruhi oleh beberapa faktor, termasuk kepatuhan pasien terhadap kontrol berobat.

Tujuan: Diketuinya gambaran kepatuhan kontrol berobat pasien hipertensi di Puskesmas Gamping 1 Yogyakarta.

Metode: Penelitian kuantitatif dengan metode pendekatan *cross sectional*. Teknik pengambilan sampel yaitu random sampling dengan jumlah sampel 265 responden pasien hipertensi di Puskesmas Gamping 1 Yogyakarta. Analisis penelitian menggunakan analisis univariat dengan bantuan SPSS 25.

Hasil: Pasien hipertensi di Puskesmas Gamping 1 didominasi oleh perempuan dengan jumlah 175 (66%), usia diatas 45 tahun dengan jumlah 244 (92%) dan sudah lama menderita penyakit hipertensi dengan jumlah 218 (82,2%).

Kesimpulan: Kepatuhan kontrol berobat pada pasien hipertensi di Puskesmas Gamping 1 Yogyakarta didominasi oleh pasien yang tidak patuh kontrol dengan jumlah 145 (54,7%).

Kata Kunci: Hipertensi, Kepatuhan, Kontrol Berobat, Puskemas

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Description of Treatment Adherence Among Hypertensive Patients at Puskesmas Gamping 1 Yogyakarta

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ABSTRACT

Background: Hypertension remains a significant health concern in Indonesia, particularly within primary healthcare settings. As a Non-Communicable Disease (NCD), hypertension ranks among the leading causes of death globally. For individuals living with hypertension, maintaining stable blood pressure levels is crucial, with antihypertensive medications playing a key role in achieving this goal. Effective hypertension management involves both lifestyle modifications and adherence to prescribed antihypertensive therapy. One of the critical determinants of treatment success is patient adherence to routine medical follow-up

Objective: To describe the treatment adherence profile of hypertensive patients at Puskesmas Gamping 1 Yogyakarta.

Methods: This study employed a quantitative research design with a cross-sectional approach. The sampling technique used was random sampling, involving 265 hypertensive patients from Gamping 1 Primary Health Center, Yogyakarta. Data analysis was conducted using univariate analysis with the aid of SPSS version 25.

Results: The majority of hypertensive patients at Gamping 1 Primary Health Center were female (175 individuals or 66%), over the age of 45 (244 individuals or 92%), and had a long history of hypertension (218 individuals or 82.2%).

Conclusion: Adherence to routine treatment follow-up among hypertensive patients at Gamping 1 Primary Health Center was predominantly low, with 145 patients (54.7%) categorized as non-adherent.

Keywords: Hypertension, Adherence, Treatment, Primary Health Center

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